
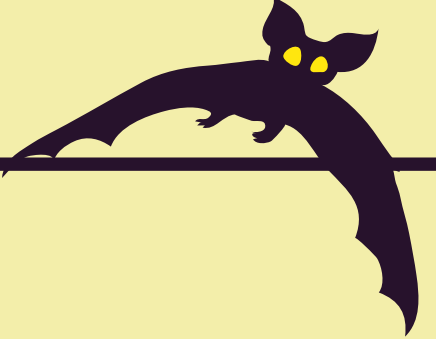



FITNESS & SPORTS CLASS SCHEDULE

No Classes held on Federal Holidays or AFMC Family Days. * = Not an Eglin F&S Program.

ALL FITNESS CLASSES HAVE A DURATION OF 60 MINUTES • ALL CLASS HELD AT MAIN FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 to 10:15 AM		HIIT(\$)			
9:30 to 10:30 AM				Zumba® (\$)	
10-11 AM	AWW (Ages 60+)	TTLL	AWW (Ages 60+)	TTLL	AWW (Ages 60+)
11 AM to 12 PM	FIP/GPP	FIP/GPP	FIP/GPP	FIP/GPP	FIP/GPP
11:15 AM to 2:15 PM		Yoga (\$)		Yoga (\$)	
11:30 AM to 12:30 PM	Cycle Club*	Cycle Club*		Cycle Club*	Cycle Club*
12:30 to 1:30 PM			F.I.T.		
2-3 PM	FIP/GPP	FIP/GPP	FIP/GPP	FIP/GPP	FIP/GPP
3-4 PM		F.I.T.	TTLL	F.I.T.	
4-5 PM	Zumba® (\$)		Zumba® (\$)		
4:30 to 5:30 PM				CIRCL (\$) Mobility™	
5-6 PM	Yoga (\$)	Zumba® (\$)	Yoga (\$)	Zumba® (\$)	
6-7 PM	Dance Fusion (\$)		Pilates (\$)	Yoga (\$)	



CAC/Proximity Card Based Entry System
EGLIN FITNESS & SPORTS
ACCESS



DoD Dependents
Ages 13 -17 Eligible!
SCAN HERE
24/7 Registration
Locations & Times